

# **Taste Washington Day**

**October 7, 2020**

**Apples**



**♻️ LOCAL ★ FRESH ★ DELICIOUS ♻️**

# Apple Slaw

## *Ingredients:*

¼ cup Cabbage, shredded  
2 tablespoons Carrots, shredded  
1/3 cup Apples, sliced

2 tsp. sunflower seeds, toasted  
2 tsp. Dried cherries, chopped

## *Directions:*

- Cut apples into ~ ½ inch pieces.
- Shred cabbage and carrots.
- Toss cabbage, carrots, apples, sunflower seeds and dried cherries together.
- Pour dressing over slaw and mix to combine.
- Refrigerate and serve chilled.

## *Dressing:*

2 tsp. Apple cider Vinegar  
½ tsp. Olive Oil

¼ tsp Honey  
Pinch of Sea Salt

## *Directions:*

- Whisk together all ingredients for the dressing.

*Serving suggestion:* Substitute other Washington-grown dried fruit like, like dried cranberries for the dried cherries.

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